



HIPPY

homeroom

A Newsletter for the Home Instruction for Parents of Preschool Youngsters
Parent Edition

September 2015 Volume 1, Issue 22

Upcoming Family Events: September	
5th Annual Car Craze-Hickey Park: Flippin (FREE)	5th
Tri-County Fair: County Fairgrounds on Hwy 49: Marvell	7-12th
21st Annual Ash Flat Eagle Fest -Ash Flat Ball Park (FREE)	11-12th
Mountain Man Rendezvous and Native American Day-Rand Park: Calico Rock (FREE)	11-12th
Nevada County Fair-Nevada County Fairgrounds: Prescott	11-19th
Kudzu Festival-Cherry Street: Helena- West Helena	12th
17th Annual SouthArk Outdoor Expo-El Dorado Conference and Student Center(FREE)	12th
80th Annual White County Fair -White County Fairgrounds: Searcy	12-19th
Garland County Fair-Garland County Fairgrounds: Hot Springs (4 and under Free)	14-19th
Baxter County Fair-Baxter County Fairgrounds: Mountain Home	16-19th
2nd Annual Little Rock Bacon Fest-Arkansas State Fairgrounds: Little Rock	19th
Airport Day-Arkansas Air and Military Museum: Fayetteville	19th
23rd Annual Pumpkin Hollow Pumpkin Patch and Corn Maze: Piggott	19th-Oct. 31
29th Annual Canehill Harvest Festival-Canehill College: Cane Hill (FREE)	19-20th
Get Down Downtown-Courthouse Square: Searcy (FREE)	25-26th
Arkansas Oklahoma State Fair-Kay Rodgers Park: Fort Smith	25-Oct. 3rd
29th Annual Fall Fest-Bishop Park Parking Lot: Bryant(FREE)	26th
21st Annual Autumn on the Square-Downtown Square: Marianna	26th
For more events in your area: http://www.arkansas.com/events/	



State Manager Spotlight –Tyra Greenwood

Welcome back HIPPY families! It is my sincerest hope that you had a fun-filled, family-activity packed summer! We are excited that it is finally time for another HIPPY program year.

HIPPY believes that you are your child's first and most important teacher and that a love of learning truly begins at home. All parents want what is best for their children and a partnership with HIPPY is the answer. By enrolling your child

in the HIPPY program you have shown your child that education is important to you and by setting this standard early, your child is more likely to be successful in and enjoy school.

Throughout your HIPPY lessons this year, your child will learn skills that will prepare him/her for kindergarten as well as skills that will make him/her successful in life.

Most importantly though, you will have the priceless opportunity to spend pre-

cious time teaching your child as you do the HIPPY activities together. Memories of these moments will be something that you and your child will never forget.

We hope you will take advantage of the opportunity to learn all that you can this year by completing each of your HIPPY lessons and attending the wonderful group meeting opportunities presented by your local HIPPY programs.

Getting in the HIPPY Routine



With preschool and HIPPY back in session, it is important for your child's social emotional and academic well-being that they return to a daily routine. Children rely on schedules and routines so they know what to expect throughout the day. This makes them feel safe, which in turn allows them to trust their caregiver and relax into their role of being children.

Benefits of Routines:

- **Routines eliminate power struggles.** When certain activities are just part of the consistent daily routine (i.e. brushing teeth, napping, etc.) kids are less likely to argue.
- **Routines help kids learn to be independent.** Over time, kids learn to do their routine activities without constant reminders and they feel in charge of themselves and independent.
- **Kids learn to "look forward".** Kids may want to do something now, but know that they will be able to do it at a certain time in the schedule and can "look forward" to it.
- **Schedules help parents maintain consistent expectations.** When everything is a fight, parents may end up giving in more often. When the schedule and expectations are set, parents are more likely to stick with their rules because that's just the way things are done.
- **Routines decrease stress and anxiety.** When a child's schedule varies and is inconsistent, this

causes anxiety and stress for the child which may cause negative behaviors. Children handle change best when they are prepared.

Setting Up Your Routines:

- ⌚ Try to keep meal and snack times consistent, so children can focus on other activities knowing that there will be a specific time for them to eat.
- ⌚ Set up a specific time each day to work on your HIPPY lessons. If possible, have your child help you set up a HIPPY work area with all of your HIPPY supplies and curriculum.
- ⌚ Make sure there is time each day for your child to get some exercise and play, whether it is a dance party in your living room or a trip to the park, you and your child will both benefit.
- ⌚ Establish a consistent bedtime and wake time. This will make sure your child is getting the necessary sleep each night to regulate his/her emotions and be ready to learn. See the chart below to determine just how much sleep your child needs.


how much sleep is enough for your child?	
<small>Some kids may be wired to operate on a little less sleep than others, but the National Sleep Foundation suggests these guidelines:</small>	
WHEN KIDS ARE ...	THEY NEED ...
up to 2 months	10.5 to 18 hours
3 to 12 months	9.5 to 14 hours
1 to 3 years	12 to 14 hours
3 to 5 years	11 to 13 hours
5 to 12 years	10 to 11 hours

(Sources: Aparenting.com, aplaceofourrown.org, sleep.org)



Fall Outdoor Fun


As the weather cools down and it is finally bearable to play outside again, we hope you will make the most of the cooler temps and head outdoors with your child to try out some of these fun and educational activities.

5 Activities to Do During A Walk Outside



1. **Talk about the weather.** What is the temperature? How does it make you feel? What color is the sky? What color are the clouds? What does the color of the clouds tell you about the weather? Do you feel a breeze?
2. **Discuss the changes in nature.** How are the trees changing? Are the leaves falling off? Are the leaves changing color? How is the temperature changing?
3. **Collect objects from nature.** Using a paper or plastic bag, have your child collect items of interest (i.e. sticks, rocks, acorns, leaves, pine cones, etc.)
4. **Go on a nature scavenger hunt.** Before heading outside, fold a piece of paper into 4 or 8 equal sections. In each section, write or draw a picture of an item that you may likely see on your walk. Have your child bring the paper and a crayon or pencil on the walk and try and locate all of the items on his/her paper. Your child can check off each box as the item is found or draw his/her own picture of the item in the box. 
5. **Count the number of animals/cars/houses/acorns, etc. that you see.**


5 Activities To Do with Objects Collected from A Nature Walk


1. **Make a Nature Creature:** Using the leaves, sticks, rocks, acorns, etc. that your child finds outside, glue them together or to a piece of paper to make a creature. Add googly eyes or other decorative items. Let your child be as creative as he/she wants!  
2. **Sort Your Nature Items:** Have your child empty his/her bag of nature items on a table or the floor. Ask your child to sort the items. Have your child decide

the categories (size, object, color, etc.), or you can determine a category if your child is unsure. Work together to sort the items as you or your child has determined. You can put the items into piles or plastic bags. If your child is interested, you can put them all together again and resort by a different category. Continue as long as your child is interested. 

Extension: Make a graph with the different items that you have sorted by laying them out in rows next to each other. Ask your child which row has the most and which has the least. Count the items in each row, to compare.

3. **Make leaf rubbings.** Have your child place a leaf under a piece of blank paper. Then, turn a crayon on its side and show your child how to rub it over the leaf so that he/she can see the veins and other features of the leaf. Try this with several different leaves and talk about the differences in their shapes, veins, and textures.  

4. **Make a nature wreath.** Cut out the center of a paper plate to form the wreath shape. Have your child glue on the leaves, berries, acorns, etc. that he/she found during your nature walk. Hang the wreath prominently on your door. 

5. **Make a nature crown.** Measure a strip of paper that fits around your child's head. You may have to staple two strips of paper together to complete the crown. Have your child glue on any of the nature items that he/she collected. Have your child make up a royal name to go with the crown (Sir Nature Man, Queen of Leafland, etc.). Engage your child in imaginative play based on crown. 

Benefits of Outdoor Play

- ✱ **Physical Fitness:** Through outdoor play children work on developing their large and small muscles, improve their balance, and decrease the likelihood of childhood obesity and other diseases, such as heart disease, hypertension, diabetes, and others.
- ✱ **Academic Growth:** When children interact with the outdoors, they are learning and exploring the world around them. This increases their **scientific knowledge** about properties of water, dirt, weather, plants, animals, etc.

As children learn about these items, children **increase their language skills** to be able to explain what they are seeing, feeling, smelling, etc.

When children play games outdoors, they learn to **count** and keep score. As they **sort** items that they have found in nature, they are developing several **mathematical skills**.

Also, when children are given the chance to play outdoors, it increases their ability to **focus** better and enhances their ability to learn.

Outdoor play also encourages children to **problem solve** (i.e. how to climb a tree, how to build something out of sticks) and be **creative**, which can help with future learning as they look at many ways to solve a problem or use a material.

- ✱ **Social-Emotional Development:** As children play games with others, they learn to share, take turns, develop their own rules, and express themselves in appropriate ways.
- ✱ **Improved Health:** Being in natural sunlight stimulates the part of the brain that is important to a healthy immune system and increased happiness. Also, when children are outside, it reduces the spread of infection that can happen more rapidly when children are cooped up inside together.
- ✱ **Improved Mental Health:** Playing outdoors has been shown to help reduce stress levels in children as well as positively impact conditions such as anxiety or ADD/ADHD.

(Sources: Earlychildhoodnews.com, livestrong.com, preschooldraper.com)





Encouraging Healthier HIPPY Families

Did you know: 1 in 3 children in the United State is overweight or obese. Being

overweight can cause significant, long-term health problems for children that used to be only seen in adults, such as:

- Type 2 diabetes
- High blood pressure
- Heart disease

September is National Childhood Obesity Awareness Month and HIPPY wants to make sure that the families in our program have the information they need to make the healthiest decisions for their families.

Calories Needed Each Day: In order to make sure that your family gets to or stays at a healthy weight, it is important to know how many calories each member really needs to be eating each day.

How many calories are needed depends on :

- Age
- Gender
- Activity Level
- ◆ **Not Active:** Not much energy used during daily life.

- ◆ **Somewhat Active:** Some energy used. Does activity equal to walking quickly for 1 1/2-3 miles each day, plus light daily life activities.

- ◆ **Very Active:** Lots of energy used. Physical activity equal to walking quickly for more than 3 miles each day, plus light daily activities.

Calorie Guidelines:

Boys and Men

Age	Not Active	Somewhat Active	Very Active
2-3 years	1,000-1,200 calories	1,000—1,400 calories	1,000—1,400 calories
4-8 years	1,200-1,400 calories	1,400-1,600 calories	1,600-2,000 calories
19-30 years	2,400-2,600 calories	2,600-2,800 calories	3,000 calories
31-50 years	2,200-2,400 calories	2,400-2,600 calories	2,800-3,000 calories

Girls and Women

Age	Not Active	Somewhat Active	Very Active
2-3 years	1,000 calories	1,000—1,200 calories	1,000—1,400 calories
4-8 years	1,200-1,400 calories	1,400-1,600 calories	1,600-1,800 calories
19-30 years	1,800-2,000 calories	2,000-2,200 calories	2,400 calories
31-50 years	1,800 calories	2,000 calories	2,200 calories

Calories In/Calories Out

In order to lose weight or maintain a healthy weight, you need to make sure that the calories that your family takes in are less than or equal to the calories that are burned through daily activity. So, if you eat a sandwich, chips, and a drink that equal 750 calories, in order to lose or maintain weight, your body needs to burn at least 750 calories during the day (more if you are trying to lose weight).



Healthy Habits, Healthy HIPPY



Getting healthy should not be done alone, but should be something in which the whole family can take part. By making these changes together, your family will have an opportunity to spend more time together, learn more about each other, and support one another's progress.

To get on the right track to a healthier lifestyle you should consider the following tips for eating better, moving more, and reducing screen time. Choose the ones that work best for your family.

Eating Right:

- 🍎 **Plan ahead before you go grocery shopping.** Make a list of healthy meals that you will be making and look through your cabinets and refrigerator to see what you have and what you will need to buy.
- 🍎 **Cook once, eat twice!** Skip eating a second helping and enjoy leftovers at another meal. This saves money and helps keep portion sizes under control. Be creative about turning leftovers into a new meal (i.e. add leftover chicken breast to salads, sandwiches, or pasta).
- 🍎 **Buy in-season.** Buying in-season fruits and vegetables will save money and en-

courage your family to try different produce with each season. If fresh produce is unavailable, buy it canned, without added sodium (salt), or frozen, without added fat.



🍎 **Cook in bulk.** Make food in large batches, then split them into family sized portions and freeze them to use later to avoid eating fast-food when you do not have time to cook dinner.



Getting Active:

👤 **Don't make big changes all at once.** If you and/or your family are new to exercising, take a small walk at first. Then, each week, walk further or more often.



👤 **Ask your kids.** Get everyone involved in being more active, by asking what physical activities they would like to do.



👤 **Focus on fun.** Plan activities that you can do as a family, like playing in the park or at a community center, that make exercising enjoyable for everyone.



👤 **Explain why you are moving to more healthy habits.** Kids may resist the change to more healthy foods and more activity at first, so explaining why you are making these changes, in kid friendly lan-

guage will help. Examples include

- Choosing healthy foods will give them energy to play sports and do fun activities with their friends.
- Being active and eating healthy can help keep them from getting sick and missing fun times and activities with friends.

Reducing Screen Time:

- ☐ **Limit screen time.** Children under two should not have any screen time, and children older than two should have screen time (including t.v., computer, phone, ipad, etc.) limited to under 2 hours per day. Make a list of fun, active ideas for your family to do instead.
- ☐ **Turn off the screens during meals.** Give everyone a chance to talk about his/her day.
- ☐ **Limit your own screen time..** Studies show that children's self-esteem is effected when parents choose to use their phones instead of pay attention to their children. When your children are around, put the phone down.

*****Most Important: Be a role model. Demonstrate what you expect your children to do, and they will follow your lead.**



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10 Minute Healthy Dinners (from Superhealthykids.com)

Dinner time can be a hectic time in any household and that can sometimes result in turning to fast food that is not always healthiest for your family. Below are some ways to help you reclaim dinner time. *Remember, letting your kids help prepare healthy dinners, may make them more likely to eat them.*

1) Whole Wheat Pasta and Veggies



Ingredients: 1 package whole wheat noodles, 1 bag of frozen veggies, 1 tbsp butter, 1/4 cup shredded/grated parmesan cheese

Directions:

Cook the pasta according to directions, include the veggies while you cook the pasta for the entire time. Drain pasta and veggies. Add the butter and parmesan cheese and mix.

2) Tacos



Ingredients: Any meat (ground beef, fish, chicken, tofu), any beans (black, pinto, or refried beans), any veggies (tomatoes, avocado, lettuce, peppers, salsa), taco shells or tortillas

Directions:

Cook meat thoroughly, then fill tortillas or taco shells with beans, meat, and veggies.

3) Burritos



Ingredients: Any beans (black, pinto, or refried beans), any veggies (tomatoes, avocado, lettuce, peppers, salsa, guacamole), meat (optional), brown rice (optional), tortillas

Directions:

Fill tortilla with beans, veggies, and meat and rice (optional). Wrap up. You can do a quick pan-fry to seal the edge of the tortilla or place in a warmed oven to heat up all ingredients.

4) Anything Breakfast (pancakes, waffles, omelets)



Ingredients: waffle or pancake mix, eggs, milk, fruit

Directions: Mix waffles or pancakes according to directions. Cook on griddle or in waffle iron. Serve with a side of fruit. (optional: mix frozen/fresh berries into waffle or pancake mix)

5) Sloppy Joes



Ingredients: ground beef or turkey, sloppy joe mix, tomato sauce or tomato paste, whole wheat bread/bun, shredded zucchini or carrots (optional).

Directions: Brown the meat until it is cooked through. Add sloppy joe mix, and either tomato paste and water or tomato sauce, mix thoroughly and continue to cook as directed. To sneak in a few vegetables, shred carrots and/or zucchini into the meat as you are cooking it. Spoon the sloppy joe onto a bun or into a pita pocket for less mess.

6) Spaghetti



Ingredients: Pasta (whole wheat angel hair or spaghetti, if possible), any chopped vegetables (bell peppers, carrots, onions, etc.), spaghetti sauce (look for one with less sodium and sugar), olive oil

Directions: Boil your water and cook your pasta. Meanwhile, chop your veggies, and toss into a skillet with a bit of olive oil. When veggies begin to wilt, heat up spaghetti sauce in the same skillet. Drain pasta and mix with the veggies and sauce.



7) Grilled Cheese Sandwiches

Ingredients: Whole wheat bread, low fat cheese slices, butter, applesauce (optional) or apple slices (optional).

Directions: Heat a skillet to low/medium heat. Lightly butter the outsides of the bread slices. Place cheese slices inside the bread and put sandwich on skillet. When one side browns, turn sandwich

over and brown on the other side. Remove from heat and serve with applesauce or apple slices.

8) Quesadillas



Ingredients: Whole wheat tortilla, chopped veggies (tomatoes, avocados, peppers, onions), any beans (black, pinto, refried beans), shredded cheese

Directions: Mash beans in a bowl. Spread onto half of the tortilla. Sprinkle the beans with cheese and chopped vegetables. Fold tortilla in half. Place tortilla in a skillet on medium heat. Cook on both sides until cheese is melted and beans are warmed. Cut into triangles and serve with salsa or guacamole.

9) Egg Frittatas with Greens



Ingredients: eggs, spinach, zucchini, garlic, salt, pepper, parmesan or other favorite cheese, olive oil

Directions: Pour 1-2tbsp olive oil in hot skillet. Shred 1/2 a zucchini and chop a heaping handful of spinach and put in the hot skillet. Cook vegetables until they are tender (about 3 minutes). Break eggs into a separate bowl and beat (about 2 eggs per person). Pour eggs over veggies in the pan. Sprinkle cheese on top. Turn heat to medium and cover with a lid. Let eggs cook through (about 5-7 minutes). Once eggs are cooked, turn off heat and enjoy.

10) Personal Pizzas



Ingredients: whole wheat pita/whole wheat English muffin/whole wheat bagel, pasta sauce, shredded mozzarella or pizza cheese, any chopped veggies or other topping

Directions: Top the pita/English muffin/bagel with pasta sauce, cheese and your child's other toppings of choice. Place pizza on a baking sheet in a toaster oven or regular oven heated to 375 for 5 minutes or until cheese is melted and bread is slightly toasted.

Fun Fall Books

🍁 *There Was an Old Lady Who Swallowed Some Leaves* by Lucille Colandro

🍁 *Autumn is Here!* by Heidi Pross Gray

🍁 *We're Going on a Leaf Hunt* by Steve Metzger

🍁 *Fletcher and the Falling Leaves* by Julia Rawlinson

🍁 *Leaf Man* by Lois Ehler

🍁 *Why Do Leaves Change Color?* by Betsy Maestro

🍁 *Mouse's First Fall* by Lauren Thompson

🍁 *Leaves* by David Ezra Stein

🍁 *The Little Yellow Leaf* by Carin Berger

🍁 *Fall is Not Easy* by Marty Kelley

🍁 *Fall Mixed Up* by Bob Raczka

🍁 *Counting on Fall* by Lizann Flatt

🍁 *Awesome Autumn* by Bruce Goldstone

🍁 *Fall Leaves (Animals in Fall, Fall Weather)* by Martha Rustad